

THE HALF-BATH.

This bath is taken in the same tub as is the full-bath, the patient, however, occupies a sitting posture. An amount of water sufficient to cover the limbs and feet, and a portion of the abdomen, is required. An attendant should rub the chest and back, while the patient, if able, should rub the abdomen and limbs. This is a milder form than the full-bath. It is much employed in dyspeptic affections, liver complaints, affections of the spleen and kidneys, weakness or torpor of the abdominal muscles, spinal irritation, uterine diseases, and in all forms of menses. The temperature of this bath should not be above 95° nor below 75°. This bath is useful in all spasmodic affections: and in the early stages of fever, the prolonged half-bath may be employed with the very best of results. Patients suffering with inflammation of the bowels and adjacent organs, diarrhea, dysentery, cholera morbus, colic, etc., will find the prolonged half-bath well adapted to their conditions, and they will derive great benefit from its use. This bath is always safe for any length of time under sixty minutes, provided the patient is not fatigued, chilled, nor overheated, thereby.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine. Pg. 136-137 by M. G. Kellogg